

PREDIABETES RISK TEST

7 simple questions.

Know your risk, take the 1-minute test!

Flip to other side once complete.

How old are you?

Add up the points under each answer (+#) for total.

Under 40

+0

40 - 49

+1

50 - 59

+2

Over 60

+3

Are you a man or woman?

Woman

+0

Man

+1

Women: Have you ever been diagnosed with gestational diabetes?

No

+0

Yes

+1

Do you have a mother, father, sister, or brother with diabetes?

No

+0

Yes

+1

Have you been diagnosed with high blood pressure?

No

+0

Yes

+1

Are you physically active?

Yes

+0

No

+1

What is your weight category?

1

+1

2

+2

3

+3

4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
HEIGHT	1 (lbs)	2 (lbs)	3 (lbs)

TOTAL SCORE:

If you scored 5 or higher,
FLIP ME OVER

PREDIABETES RISK TEST

If your total score is 5 or greater,

you are at increased risk!



You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

Talk to you doctor to see if additional testing is needed.



If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the first weight category).

For additional information, or,
if you would like an ADA risk test by mail please call:

DAD @ (906) 399-6233

Michigan Community Helpline @ 2-1-1

Visit: uplionsserve.org/dad or scan below



SCAN ME

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.

